

Northwestern University Football Performance Clinic

- Who: Football & Strength Coaches, Personal Trainers
- When: **Saturday, March 9, 2013**
- Where: Nicolet Football Center
- Cost: \$45- Received by Monday, March 4, 2013
- Cost: \$55- Day of Clinic / CEU's Offered for NSCA & CSCCa Members

<u>Time</u>	<u>Event / Speaker</u>	<u>Credentials</u>
8:00am-9:15am Or 10:30am-11:55am	Registration Contact the Northwestern Football Office To Attend Practice at: 847-491-7274	Come and watch the Northwestern Wildcat Football Team Practice, 9:30-11:30am
12:00pm	Welcome <i>Pat Fitzgerald</i>	Head Football Coach Northwestern University
12:15pm	Philosophy / Introductions <i>Jay Hooten</i>	Director of Football Performance, Northwestern University Sports Performance Northwestern University
12:30pm	"Injury Prevention for Football" <i>Jennifer Brown-MA, ATC</i>	Associate Athletic Trainer Northwestern University
1:15pm	"Designing An Off-Season Program" <i>Jay Hooten-CSCS,SCCC, NASE</i>	Director of Football Performance, Northwestern University Northwestern University
2:00pm	"Training the Head & Neck" Mike Gittleson,CSCS, MSCC	Hall of Fame Strength Coach, Former Michigan Strength & Conditioning Coach
2:45-3:00pm	Visit Vendors/Restroom	
3:00pm	"Band Training for Football" <i>Frank Calvin</i>	Stretch to Fitness, Owner The Rubberband Gym
3:45pm	"Speed Training for Football" <i>Troy Sutton-MS,CSCS, USAW</i>	Assistant Director of Sports Performance, Northwestern University
4:30pm	"Off-Season Teambuilding " <i>Allan Johnson-CSCS, MSCC,NASE</i>	Assistant Director of Football Performance, Northwestern University
5:15pm	Wrap-up / Announcements <i>Jay Hooten-CSCS, SCCC,NASE</i>	Director of Football Performance, Northwestern University Northwestern University